

RPL/RCC – Stage 1

Advanced Diploma of Myotherapy 22656VIC

Recognition of Prior Learning (RPL) & Recognition of Current Competence (RCC)

Do you have prior qualifications and/or experience gained through years of work in skilled and challenging jobs? Gaining recognition of these skills is sometimes not easy and can hold you back in progressing your career to the next step. If this is your situation, you can unlock your full potential by having your skills recognised by ACFB!

All applications for RPL/RCC are considered by ACFB's Program Manager. Please note, ALL applications for RPL/RCC MUST be accompanied by the requested performance evidence outlined within this document and will be submitted during Stage 2 of this process.

How does the RPL process work?

There are two (2) stages to the RPL/RCC process:

Stage 1

- Identify the units that you believe you have the required knowledge and skills, AND where you can provide the performance evidence required
- Pay particular attention to the example evidence you will need to submit if you were to apply for RPL/RCC for the unit. You will need to submit evidence to meet all the Performance Evidence listed for each unit
- Check the boxes on the left-hand side for each unit where you would like to move forward with the RPL/RCC process
- Email this completed form to rpl@acfb.edu.au
- Make payment of the non-refundable RPL/RCC processing fee of \$100 (please note, this fee will be deducted from your course fee after enrolment)
- ACFB will then send you an RPL/RCC document for each unit checked below

Stage 2

- Fill in the unit RPL/RCC documents sent to you, answering all short answer questions in detail related to your knowledge of the unit
- Submit each RPL/RCC unit document, along with all evidence requested to rpl@acfb.edu.au. Hard copy documents will not be accepted.
- Where RPL/RCC is requested for multiple units, place all evidence for a unit within a folder using the unit code as the title, then zip the folder and attach to the email
- ACFB will review your submitted documents and may request further evidence if required (this may also include practical demonstrations and oral questioning)
- You will then receive an RPL/RCC Summary outlining the units where you have successfully gained RPL/RCC and the amended course price (if applicable). Please note this amended price will include a fee per unit for the RPL/RCC process.
- An RPL/RCC application may take between 10-21 business days to process from when we receive your completed unit forms and supporting evidence.

First Name _____ Surname _____ Email _____ Phone Number _____

Previous Qualifications

In the area below, list all relevant qualifications and specific units completed that you believe would assist you in your claim for RPL/RCC. Ensure you include the year of completion.

Previous Experience

In the area below, list all relevant experience that you feel would assist you in your claim for RPL/RCC. Ensure you include the year the experience was completed.

Myotherapy Assessment	
VU23633	Develop, implement and evaluate corrective exercise
Unit Description:	<p>This unit describes the performance outcomes, skills and knowledge required to develop, implement and evaluate a corrective exercise program for a patient. This includes identifying the need for the program, educating the patient and monitoring the impact of the program.</p> <p>This unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p>
Required Evidence:	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> - The applicant must demonstrate evidence of the ability to complete the following tasks at a Myotherapy level: <ul style="list-style-type: none"> - Develop, implement and evaluate patient-centred corrective exercise programs for at least three (3) patients - Two (2) must be injury or pain specific presentations - One must be a preventative / health promotion presentation - Conduct a functional movement assessment for each patient to inform the development of corrective exercise programs - Demonstrate, instruct and correct corrective exercise for each patient - Adapt program based on monitoring and feedback received <ul style="list-style-type: none"> • Applicants may have completed a similar unit within a health course where they have conducted the above corrective exercises to a minimum of a Myotherapy level on a minimum of 3 different patients or • Have worked within the manual therapy industries within the last 3 years where they have conducted the above corrective exercises to a minimum of a Myotherapy level on a minimum of 3 different patients. • Where evidence is from work based experience, submission of 6 different patient records including medical history form & treatment cards of patients presenting with different conditions (patient identifiers must be blacked out) • All applicants will need to provide information related to their knowledge within all <u>blue</u> sections on the Per Unit RPL Forms <p>Example of other Evidence</p> <ul style="list-style-type: none"> • Relevant <u>certified</u> transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or • Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties

VU23636	Perform myotherapy clinical assessment
<p>Unit Description:</p>	<p>This unit describes the skills and knowledge required to assess a patient’s condition in order to provide myotherapy treatment. It focuses on being able to effectively gather and interpret information during an examination and to make an accurate appraisal for myotherapy treatment.</p> <p>This unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p>
<p>Required Evidence:</p>	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> • Applicants may have completed a similar unit at a minimum of an Advanced Diploma level within a health course where they have gained the knowledge and skills to prepare for and manage Myotherapy treatments on different people or • Within the last 3 years worked within the manual therapy industries apply Myotherapy techniques or equivalent • The applicant will need to demonstrate each of the following: <ul style="list-style-type: none"> - The applicant must demonstrate evidence of the ability to complete the following tasks at a Myotherapy level - Evidence of the ability to demonstrate myotherapy assessment techniques to undertake each of the following: <ul style="list-style-type: none"> ○ joint play assessment ○ neurodynamic assessment ○ orthopaedic assessment ○ active range of motion assessment ○ passive range of motion assessment ○ resisted movement assessment ○ gait assessment ○ neurological assessment (dermatome, myotome, and reflex) - Evidence of the ability to perform a myotherapy clinical assessment utilising effective patient interview and examination techniques in order to establish rapport with the patient, gather information and evaluate the patient’s needs. - Correlate and document assessment findings with the presenting complaint to develop a clinical impression and communicate to the patient - Gather, interpret and differentiate information from patient using observation skills and palpatory skills - Apply myotherapy assessment techniques appropriate to the patient presentation - Identify any physical alterations to the somatic system - Apply clinical reasoning to assess patient - Use equipment and resources competently and safely - Recognise and adjust to contraindications for assessment - Ensure clinical assessment incorporates the underpinning values, philosophies, practices and principles of the myotherapy framework

- Applicants may have completed a similar unit within a health course where they have conducted the above physical assessments to a minimum of a Myotherapy level on a minimum of 5 different patients or
- Have worked within the manual therapy industries within the last 3 years where they have conducted the above physical assessments to a minimum of a Myotherapy level on a minimum of 5 different patients.
- Applicants using work-based experience as evidence, will need to submit 5 different patient intake forms that collectively include the above assessment testing procedures (patient identifiers to be blacked out).
- After submission of this form along with the above evidence, applicants will be required to complete a demonstration of a Myotherapy physical assessment that includes the above performance requirements.
- All applicants will need to provide information related to their knowledge within all blue sections

Example of other Evidence

- Relevant certified transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or
- Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties
- Copy of membership of an Australian professional body that represents manual therapists

Myotherapy Treatment	
VU23638	Provide myotherapy treatment
Unit Description:	<p>This unit describes the skills and knowledge required to administer myotherapy treatment according to the techniques and practices of the myotherapy framework. It applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p>
Required Evidence:	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> • Applicants may have completed a similar unit at a minimum of an Advanced Diploma level within a health course where they have gained the knowledge and skills to prepare for and manage Myotherapy treatments on different people or • Within the last 3 years worked within the manual therapy industries applying Myotherapy techniques or equivalent • The applicant will need to demonstrate each of the following: <ul style="list-style-type: none"> - Manage myotherapy treatments by respectfully communicating and providing information about the treatment options, issues and outcomes to the patient - Apply a full range of myotherapy techniques to achieve positive health outcomes, consistent with standard myotherapy clinical practice <ul style="list-style-type: none"> ○ Trigger point techniques & ischemic compressions ○ Soft tissue stretching ○ Joint mobilisation ○ Muscle energy techniques ○ Join muscle energy techniques ○ Myofascial release techniques ○ Thermotherapies and cryotherapies ○ Myofascial vacuum cupping ○ Friction techniques ○ Neurodynamic tension technique - Monitor and measure patient responses to treatment at regular intervals to evaluate outcomes and make adjustments to treatment plans, when necessary

- In the course of the above, the candidate must:
 - Ensure treatment incorporates the underpinning values, philosophies, practices and principles of the myotherapy framework
 - Refer to another health care professional where required
 - Use equipment and resources competently and safely
 - Provide post-treatment advice
 - Explain and assess any perceived risks and possible responses to the myotherapy treatment to the patient
 - Communicate respectfully with patient using active listening and adjusting to patient needs
 - Assess the need for future treatments
 - Applicants using work-based experience as evidence, will need to submit 5 different patient intake forms that collectively include the above Myotherapy techniques being applied (patient identifiers to be blacked out).
 - After submission of this form along with all evidence, applicants will be required to complete a demonstration of each Myotherapy technique that includes the above performance requirements.
 - All applicants will need to provide information related to their knowledge within all blue sections on the Per Unit RPL Forms
- Example of other Evidence**
- Relevant certified transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or
 - Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties
 - Copy of membership of an Australian professional body that represents manual therapists

Myofascial Dry Needling	
VU23639	Provide myofascial dry needling treatment
Unit Description:	<p>This unit describes the performance outcomes, skills and knowledge required to administer myofascial dry needling treatment in a myotherapy context. It does not address acupuncture.</p> <p>The unit applies to a person who is practicing as a Myotherapist working within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p>
Required Evidence:	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> • Applicants will need to be practicing soft tissue treatment at a minimum of an Advanced Diploma level and therefore already have the anatomy, physiology and clinical reasoning skills at this level to satisfy this unit requirements • Applicants may have completed a similar unit within a health course where they have applied Myofascial Dry Needling to complement their current practice • Within the last 3 years applicants will have worked within the manual therapy industries at a minimum of an Advanced Diploma level applying myofascial dry needling • After submission of this form along with the above evidence, applicants will complete a demonstration to apply the values, philosophies, practices, and principles of myofascial dry needling practice to the provision of myofascial dry needling treatment consisting of: <ul style="list-style-type: none"> • 20 applications of myofascial dry needling while adhering to correct clinical procedures and guidelines. The demonstration will consist of muscles from the following regions: <ul style="list-style-type: none"> ○ Lower leg and foot muscles ○ Posterior, anterior and medial thigh muscles ○ Hip and pelvis muscles ○ Posterior spinal muscles ○ Pectoral girdle, glenohumeral and forearm muscles ○ Cervical spine muscles ○ Hands ○ Face • All applicants will need to provide information related to their knowledge within all <u>blue</u> sections on the Per Unit RPL Forms <p>Example of other Evidence</p> <ul style="list-style-type: none"> • Relevant <u>certified</u> transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or • Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties • Copy of membership of an Australian professional body that represents manual therapists • Ongoing professional development completed

VU23632	Apply knowledge of pain science in a clinical setting
Unit Description:	<p>This unit describes the performance outcomes, skills and knowledge required to support patient understanding of pain and to develop, implement and evaluate a pain management strategy for a patient. The unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p>
Required Evidence:	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> • Applicants may have completed a similar unit within a health course or worked within the manual therapies industries (at a minimum of an Advanced Diploma level within the last 3 years) where they have: <ul style="list-style-type: none"> - Supported patient to develop an understanding of pain - Developed and implemented pain management strategies that includes developing a rehabilitation framework that incorporates pain neuroscience education and addresses biological, psychological and social factors that influence a patient’s pain experience - Evaluated pain management strategies - Utilised pain assessment tools and quality of life tools • Applicants using work experience will need to provide evidence of the above via: <ul style="list-style-type: none"> - consulting with at least three (3) different patients over the course of at least two (2) consultations per patient - submit consultation documentation (patient forms to be submitted with identifiers blacked out) that demonstrates pain management strategies and implementing at least two (2) of the following: <ul style="list-style-type: none"> ○ a biopsychosocial framework ○ appropriate treatment options and approaches to manage pain ○ self-management strategies • All applicants will need to provide information related to their knowledge within all <u>blue</u> sections on the Per Unit RPL Forms <p>Example of other Evidence</p> <ul style="list-style-type: none"> • Relevant <u>certified</u> transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or • Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties • Copy of membership of an Australian professional body that represents manual therapists • Ongoing professional development completed

VU23634	Manage health risks in a myotherapy environment
Unit Description:	<p>This unit describes the performance outcomes, skills and knowledge required to manage health risks within a myotherapy environment. It includes aspects of health risk analysis, personal and premises hygiene, as well as infection prevention and control. It also covers special infection prevention and control for treatments involving dry needling. This unit applies to a person who is practicing as a Myotherapist working within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p>
Required Evidence:	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> • Applicants may have completed a similar unit within a health course at a minimum of an Advanced Diploma level, or • Within the last 3 years worked within the manual therapy industries at a minimum of an Advanced Diploma level. The applicant would be implementing the knowledge and skills to manage health risks within a Myotherapy clinic or similar where skin penetration was being applied. • The applicant will need to provide evidence of the following: <ul style="list-style-type: none"> - Developing, implementing and promoting infection prevention and control procedures to comply with relevant regulations and guidelines. This must include specifying relevant training needs and addressing dry needling treatments. - Conducting health risk assessments of a myotherapy practice (or similar) and address any non-compliance issues associated with infection prevention and control • All applicants will need to provide information related to their knowledge within all <u>blue</u> sections on the Per Unit RPL Forms <p>Example of other Evidence</p> <ul style="list-style-type: none"> • Relevant <u>certified</u> transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or • Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties • Copy of membership of an Australian professional body that represents manual therapists

CHCCOM002	Use communication to build relationships
Unit Description:	This unit describes the skills and knowledge to apply specific communication techniques to establish, build and maintain relationships with clients, colleagues and other stakeholders based on respect and trust. This unit applies to work across a range of workplace contexts where workers at all levels may communicate with individuals and/or groups both in person and in writing.
Required Evidence:	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> • Applicants may have completed a communication unit within a health course at a minimum of an Advanced Diploma level, or • Within the last 3 years worked within the manual therapy industries at a minimum of an Advanced Diploma level where they have completed and can provide evidence of the following: <ul style="list-style-type: none"> - Communicated with co-workers following communication policies and procedures - Address communication needs including translation services, addressing barriers, defusing potentially difficult situations, seeking and responding to feedback on communication - Facilitated meetings that included developing and contributing to meeting objectives and agendas, facilitating resolution of conflict, recording meeting minutes • All applicants will need to provide information related to their knowledge within all <u>blue</u> sections on the Per Unit RPL Forms <p>Example of other Evidence</p> <ul style="list-style-type: none"> • Relevant <u>certified</u> transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or • Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties • Copy of membership of an Australian professional body that represents manual therapists

Research in Clinical Practice	
VU23640	Research, evaluate and apply information about myotherapy clinical practice
Unit Description:	<p>This unit describes the skills and knowledge required to source and evaluate relevant research information about myotherapy clinical practice and apply findings to own clinical practice. This unit applies to a person who is practicing as a Myotherapist working within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p>
Required Evidence:	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> • Applicants may have completed a research unit within a health course at a minimum of an Advanced Diploma level, or • Within the last 3 years worked within the manual therapy industries at a minimum of an Advanced Diploma level where they have completed and can provide evidence of undertaking research projects relating to manual therapies that included the following: <ul style="list-style-type: none"> - Plan research activities - Collect and analyse research information - Complete a critical evaluation - Correlate research findings with individual clinical case presentation to determine potential application in clinical practice - Draw conclusions to support and improve myotherapy practice based upon the research undertaking and apply findings to clinical practice • At minimum, the above research will include the collection and critical analysis of data and evidence related to the following: <ul style="list-style-type: none"> - Health conditions - Clinical presentations - Assessment approaches - Treatment approaches • All applicants will need to provide information related to their knowledge within all <u>blue</u> sections on the Per Unit RPL Forms <p>Example of other Evidence</p> <ul style="list-style-type: none"> • Relevant <u>certified</u> transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or • Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties • Copy of membership of an Australian professional body that represents manual therapists

Myotherapy Consultations	
VU23635	Apply myotherapy clinical practice
Unit Description:	<p>This unit describes the skills and knowledge required to work effectively within a myotherapy framework and apply myotherapy clinical practice. The unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p> <p>The skills in this unit must be applied in accordance with Commonwealth and State and/or Territory legislation, Australian Standards, industry codes of practice and clinic guidelines.</p>
Required Evidence:	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> • An applicant can only gain RPL for this unit if they can successfully gain RPL for VU23633, VU23636, VU23637, VU23638 & CHCCOM002 • Applicants must have evidence of completing 80 hours of myotherapy clinic work (this can include a combination of consultations, administration, reception work, professional development etc) with a minimum of 60 myotherapy/or equivalent consultations, this may be within: <ul style="list-style-type: none"> - a previous qualification at a minimum of an Advanced Diploma level where evidence of the above consultation numbers and hours, along with currency can be provided, or - work within the manual therapy industries within the last 3 years at a minimum of an Advanced Diploma level where they have completed the above myotherapy consultation numbers and hours. For this option the applicant must: <ul style="list-style-type: none"> ○ submit evidence of a minimum of 80 hours of clinic work, this can include a combination of consultations, administration, reception work, professional development etc ○ submit a minimum of 60 Myotherapy patient consultations with patients from different stages of life with varied presentations with submission of their patient intake forms and treatment documentation (patient identifiers must be blacked out). ○ At least 15 of these consultations must be an initial consultation (this may be with a returning patient with a new condition or a new patient) ○ As a component of the above Myotherapy patient forms submitted, there needs to be three (3) patients where a written referral has been provided to other health practitioners. - In addition to the above, applicants will need to provide evidence of: <ul style="list-style-type: none"> ○ Effectively communicating role and scope of myotherapy to patients in a range of mediums (including verbal, written, digital aids) to address the needs of different populations ○ Providing strategies and advice to support and promote patient health within the context of the myotherapy treatment plan. ○ Actively monitor own clinical practice and performance via self-reflection and external feedback from supervisors, peers and patients to identify own strengths and weaknesses. ○ Developing a strategy for professional development, identifying opportunities to address identified gaps in performance ○ Demonstrate leadership and mentoring of peers in the clinical environment to foster a shared learning experience • After submission of this form along with the above evidence, applicants will be required to complete a demonstration of a full Myotherapy patient consultation including the patient intake, physical assessment, treatment planning, treatment, evaluation and documentation.

	<p>Example of other Evidence</p> <ul style="list-style-type: none"> • Relevant <u>certified</u> transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or • Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties • Copy of membership of an Australian professional body that represents manual therapists
<p>VU23637</p>	<p>Plan, implement and evaluate the myotherapy treatment strategy</p>
<p>Unit Description:</p>	<p>This unit describes the skills and knowledge required to plan, implement and evaluate the myotherapy treatment strategy after completing an assessment process. This includes negotiating the treatment plan with the patient and making adjustments to treatment strategy in line with treatment goals as required. The unit applies to a person who is practicing as a Myotherapist within a clinical setting as an independent practitioner or as a member of a team within a health care clinic.</p>
<p>Required Evidence:</p>	<p>The applicant must provide evidence of the following to gain RPL/RCC for this unit:</p> <ul style="list-style-type: none"> • To gain RPL for this unit, applicants will need to also gain RPL for VU23636 & VU23638 • Applicants may have completed a unit within a health course at a minimum of an Advanced Diploma level, or • Within the last 3 years worked within the manual therapy industries at a minimum of an Advanced Diploma level where they have completed and can provide evidence of undertaking the following: <ul style="list-style-type: none"> - consulting with at least five (5) different patients and submitting consultation documentation (patient forms to be submitted with identifiers blacked out) that demonstrates the following: <ul style="list-style-type: none"> ○ Interpreting medical reports and other data relevant to the case ○ Identifying clinical signs of musculoskeletal dysfunction & identifying treatment options and establish treatment regimes ○ Considering the suitability of selected treatments in relation to the patient’s capacity to tolerate proposed treatment ○ Applying clinical reasoning in selection of a treatment strategy ○ Preparing treatment plans • All applications will complete a demonstration of a full patient consultation to demonstrate their knowledge and skills to: <ul style="list-style-type: none"> - Determine the overall objective/s and purpose of the myotherapy treatment - Evaluate the treatment options available to the Myotherapist - Plan and implement an appropriate myotherapy treatment strategy - Evaluate treatment strategy on an on-going basis • All applicants will need to provide information related to their knowledge within all <u>blue</u> sections on the Per Unit RPL Forms <p>Example of other Evidence</p> <ul style="list-style-type: none"> • Relevant <u>certified</u> transcript & certificate with a similar unit of competency, including the unit outline/summary that demonstrates the same performance outcomes, or • Evidence of working within the health industry where you have completed the above tasks through letters from employers outlining job role and duties • Copy of membership of an Australian professional body that represents manual therapists